



NOVEMBER
2013

Thank you for supporting the Let's Move! Columbia Initiative

- Let's Move! Co-Chairs,

The Honorable DeAndrea Gist Benjamin and Councilwoman Al-Large Tameika Isaac Devine

COLUMBIA TO BE RECOGNIZED FOR RANKING AS ONE OF THE TOP LET'S MOVE! CITIES IN THE NATION

The National League of Cities (NLC) will recognize 18 local elected officials who have the highest overall medal achievements for Let's Move! during the NLC's annual conference in Seattle. The City of Columbia is 1 of 18 communities that will receive awards and be recognized for outstanding accomplishments for their Let's Move! programs. Councilwoman Tameika Isaac Devine, Co-Chair for the Let's Move! Columbia initiative, will attend this event and participate as a panel member in the recognition session. The session will be held on **November 14** during NLC's annual conference in Seattle in the Washington State Convention Center.

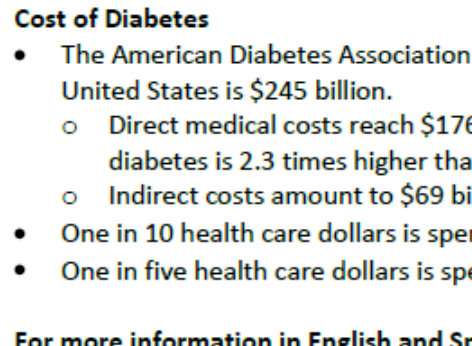
The remaining 17 communities include:

- Beaumont, TX; Knoxville, TN; Norfolk, VA; Orlando, FL; and Rancho Cucamonga, CA for sites with populations between 100,000 and 249,999 (Columbia is ranked in this category)
- Hawaiian Gardens, CA; Kenmore, WA; and Selma, AL for sites with populations less than 25,000 people
- Annapolis, MD and Casa Grande, AZ for sites with populations between 25,000 and 49,999 people
- Davenport, IA; Jackson, TN; Meriden, CT; Revere, MA; and Somerville, MA for sites with populations between 50,000 and 99,999 people
- Knox County, TN and Columbus, OH for sites with populations over 250,000 people

Let's Move! is a comprehensive initiative launched by First Lady Michelle Obama that seeks to end childhood obesity by helping parents make healthy family choices, creating healthy schools, providing access to healthy and affordable food, and promoting physical activity.

Let's Move! Columbia is devoted to familiarizing the people of Columbia with the ideas related to the Let's Move! Initiative. The City of Columbia is seeking to empower its citizens with information and knowledge to make sure our city maintains a healthy lifestyle, not just for our youth, but for everyone.

National Diabetes Awareness Month



AMERICAN DIABETES MONTH
NOVEMBER 2013

American Diabetes Month® 2013 Overview

One of the American Diabetes Association's primary objectives is to raise awareness and understanding of diabetes, its consequences, management and prevention of type 2 diabetes. American Diabetes Month is an important element in this effort, with programs designed to focus the nation's attention on the issues surrounding diabetes and the people impacted by the disease. In 2012, the Association launched a socially focused initiative for American Diabetes Month called *A Day in the Life of Diabetes*, to demonstrate the impact diabetes has on our families and communities across the country.

In 2013, the American Diabetes Association will continue to grow the campaign with a host of online and offline program elements. The movement to Stop Diabetes® is not over and we will continue to call for individuals to take a public stand via the Association's social media channels and other online properties, to support us in this movement. Using imagery, the power of social engagement and our celebrity outreach channels, we will continue to shine a light on the issue of diabetes and those who live with it each and every day, as well as the Association and corporations focused on stopping this insidious disease.

Theme: A Day in the Life of Diabetes

Overall Messages

Diabetes doesn't stop. It is 24/7, 365 days a year. To showcase the extraordinary effort it takes to live a day with the disease, the American Diabetes Association will continue to ask people to submit a personal image to the Association's Facebook mosaic representing what *A Day in the Life of Diabetes* means to them. The image can be a picture of themselves or someone they care about, or otherwise represent how the disease impacts their lives. The image will then make up a larger mosaic image that will embody the message of *A Day in the Life of Diabetes*.

To make the mosaic more impactful this year, we will change the mosaic "Target" imagery several times throughout November to show the many compelling images that represent *A Day in the Life of Diabetes*. These photos that will embody the mosaic throughout the month will capture the essence of the campaign and our movement. In addition, we will be working closely with NASCAR driver, Ryan Reed, to showcase the mosaic in the NASCAR series. Ryan's race car will be wrapped with photos from the mosaic and will be featured in his Nov. 9 race in Phoenix during American Diabetes Month.

We will also engage our social media audience by highlighting submitted images via Facebook, Twitter, Pinterest and our blog, Diabetes Stops Here. We'll pose thought-provoking questions (examples: What makes life happily ordinary? What extraordinary things have you accomplished while living with diabetes?)—plus success stories and messages from our network of followers, fans and high-profile celebrities.

Key Messages

- The American Diabetes Association is behind the largest national movement to Stop Diabetes and its deadly consequences.
- During American Diabetes Month 2013, the Association encourages Americans to share *A Day in the Life of Diabetes* by uploading a personal image to our Facebook mosaic that shows what the daily life of diabetes means to them.
- Learn how you can submit your personal image and story during American Diabetes Month by visiting us at facebook.com/AmericanDiabetesAssociation or diabetesmosaic.org, or by calling 1-800-DIABETES.
- Read our blog (www.diabetesstopshere.org) and follow us on Twitter (@AmDiabetesAssn) and Pinterest (@AmDiabetesAssn) to receive updates all month long.

About Diabetes

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

The Toll on Health

- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of kidney failure.
- Diabetes is the leading cause of new cases of blindness among adults.
- The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.
- About 60-70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.

Cost of Diabetes

- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.
 - Direct medical costs reach \$176 billion and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.
 - Indirect costs amount to \$69 billion (disability, work loss, premature mortality).
- One in 10 health care dollars is spent treating diabetes and its complications.
- One in five health care dollars is spent caring for people with diabetes.

For more information in English and Spanish, call 1-800-DIABETES or visit stopdiabetes.com. Also, please follow us on Facebook (www.facebook.com/AmericanDiabetesAssociation) and Twitter (www.twitter.com/AmDiabetesAssn).

SMART SERVINGS FOR STUDENTS

This Month's Featured Recipe: Whole-Grain Strawberry Pancakes



Ingredients

- 1 ½ cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1 ½ teaspoon baking soda
- ½ teaspoon salt
- 3 eggs
- 1 container (6 oz) vanilla low-fat yogurt
- ¾ cup water
- 3 tablespoons canola oil
- 1 ¾ cups sliced fresh strawberries
- 1 container (6 oz) strawberry low-fat yogurt

Preparation

- Heat griddle to 375°F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating).
- In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended. Pour egg mixture all at once into flour mixture; stir until moistened.
- For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.
- Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Many healthy choice recipes can be found by visiting www.choosemyplate.org.

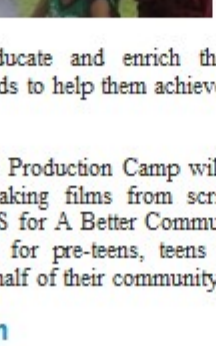
10 tips Nutrition Education Series smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

- celebrate the season**
Use fresh vegetables and fruits that are in season. They are usually to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



- buy in bulk when items are on sale**
For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

- why pay full price?**
Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

- store brands = savings**
Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

- stick to your list**
Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

- keep it simple**
Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



- try canned or frozen**
Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

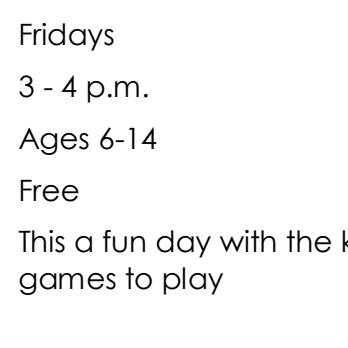


- plant your own**
Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



- buy small amounts frequently**
Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

- plan and cook smart**
Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 9
September 2011
USDA is an equal opportunity provider and employer.

LET'S GET ACTIVE

Active Kids are Healthy Kids

Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and reduces the risk of obesity. Children need 60 minutes of play with moderate to vigorous activity every day to grow up to a healthy weight.

If this sounds like a lot, consider that eight to 18 year old adolescents spend an average of 7.5 hours a day using entertainment media including TV, computers, video games, cell phones and movies in a typical day, and only one-third of high school students get the recommended levels of physical activity. To increase physical activity, today's children need safe routes to walk and bike ride to school, parks, playgrounds and community centers where they can play after school, and activities like sports, dance or fitness programs that are exciting and challenging enough to keep them engaged.

Let's Move! aims to increase opportunities for kids to be physically active, both in and out of school and to create new opportunities for families to move together.

- Active Families:** Engage in physical activity each day: a total of 60 minutes for children, 30 minutes for adults.
- Active Schools:** A variety of opportunities are available for schools to add more physical activity into the school day, including additional physical education classes, before- and after-school programs, recess, and opening school facilities for student and family recreation in the late afternoon and evening.
- Active Communities:** Mayors and community leaders can promote physical fitness by working to increase safe routes for kids to walk and ride to school; by revitalizing parks, playgrounds, and community centers; and by providing fun and affordable sports and fitness programs.

Let's Move! supports the Presidential Active Lifestyle Award (PALA+) and rewards them for it. The challenge is for anyone, from students to seniors, but it's geared toward people who want to set themselves on the road to a healthier life through positive changes to physical activity and eating behaviors.

For kids and teens (that's anyone between 6 and 17 years), your goals are:

- Physical activity:** You need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (girls' goal: 11,000; boys' goal: 13,000).
- Healthy eating:** Each week, you'll also focus on a healthy eating goal. There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you'll be giving your body more of the good stuff it needs.

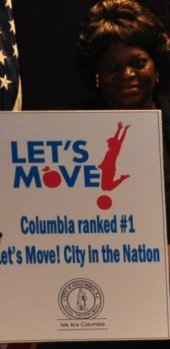
For adults (that's anyone aged 18 and older), your goals are:

- Physical activity:** You need to be active 30 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 8,500).
- Healthy eating:** Each week, you'll also focus on a healthy eating goal. There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you'll be giving your body more of the good stuff it needs.

Drew Wellness Center Classes

This NEW class, designed ESPECIALLY for YOU, is coming soon! Get up and tone down in the all new... **WorkOut for Women "The WOW Boot Camp"** Try it FREE

You've got 4 chances to TRY IT FREE
Monday, November 18 and 25
5:45-6:45PM



2101 Walker Solomon Way
Columbia, SC 29204
803-545-3200

HOOP-OLGY BASKETBALL CLUB

This will be 6 sessions for the price of \$50.00. Each session will be 1 ½ hours or 90 minutes long. For boys and girls ages 5-18

CLUB DATES ARE:

Saturday, November 16 @ 9:00am
Saturday, November 23 @ 9:00am

Join our HOOP-OLGY Basketball Club here at Drew Wellness Center
2101 Walker Solomon Way - Columbia, SC 29201



For more information please contact the Drew Wellness Center at 803.545.3200 or call 803.546.0354.

Neighborhood Walk, Run and Bike Event

A Walk-to-Bethlehem
Saturday, November 16, 2013
9:30 a.m. until 11:30 a.m.

"CALLING ALL FAMILIES IN THE NEIGHBORING COMMUNITY TO JOIN US ON THIS CRISP MORNING TO ENJOY A HEALTHY WALK, BIKE RIDE OR RUN TO A HEALTHIER FUTURE. *FRUITS, JUICES AND HEALTHY BREAKFAST SNACKS WILL BE AVAILABLE."

MISSION STATEMENT: To educate and enrich the lives of individual and families in the 340lands to help them achieve their own success.

PROGRAMS: Summer Youth Film Production Camp will creatively engage youth in the process of making films from script writing, acting, directing and producing. KIDS for A Better Community would involve community service projects for pre-teens, teens and young professionals working together on behalf of their community.

cbccommunity@gmail.com

CBCC ACTIVITIES
• Spring Break Mini Film Camp
• Sundae on Sunday
• Kids for A Better Community Summer Camp
• Back to School Bash
• Annual Walk to Bethlehem
• Christmas Drop-In

www.bethlehemcenter.umcsu.org/
Facebook: [columbiabethlehemcommunitycenter](https://www.facebook.com/columbiabethlehemcommunitycenter)

344 McCrea Street
Columbia, SC 29208
(803) 807-8582
"A Link To A Better Community"

CITY PROGRAMS/ACTIVITIES

NOVEMBER 2013

Greenview Park 6700 David Street • Phone: 803-754-5223

Zumba
Mondays
6:30 p.m. - 7:30 p.m.
Ages 10 & up
Free
It's a Zumba party every Monday. Come dance away the pounds with Carla!

Line Dance
Wednesdays
6:30 p.m. - 7:30 p.m.
Ages 10 & up
Learn new line dances, and get a good workout all at the same time with Erica.

Junior Fun League
Fridays
3 - 4 p.m.
Ages 6-14
Free
This a fun day with the kids teaching them new games to play

Weight Lifting
Saturdays
11 a.m. - 12 p.m.
Ages 14-17
Free
Come out and learn the proper way of lifting

Senior Walking Club
Monday-Wednesday-Friday
9 - 10 a.m.
Ages 50 +
Free
Come walk your way to better health, make new friends, and start your day off right.

Senior Fitness Program
Monday-Wednesday-Friday
10 a.m. - 12 p.m.
Ages 50 and up
Free
Chair and mat exercise for a healthier you.

Basketball Practice
Tuesdays & Thursdays
6 - 8 p.m.
Ages 10-13
Free
Players will learn the fundamentals and different techniques of basketball.

Aerobics
Tuesdays and Thursdays
6:30 p.m. - 7:30 p.m.
Ages: 18 & up
If you want to get fit and have fun all at the same time, Ms. Cynthia's class is where you should be!

Pool Tournament
2nd Tuesday of every month
4 - 6 p.m.
Ages 16-Up
Free
Come to the Pool Tournament at Greenview bring your A game to the table.

Hyatt Park 950 Jackson Avenue • Phone: 803-733-8445

Teen Zumba Class
Wednesdays
6 - 6:45 p.m.
Ages 12-17
Free
Teens - Looking for something new and fun that doesn't feel like exercise...give ZUMBA a try.

Basketball Drills & Skills Clinics
Now-December
Saturdays
10 a.m.
Ages 9-17
Free
Teach fundamental and advance basketball skills to boys and girls.

Tomorrow is Promise After-School Program
Now-May 31, 2014
Mondays - Fridays
2:30 p.m. - 5:45 p.m.
Ages 5-14
Free
Limited to 25 participants
This class is designed to improve mobility and muscle strength and increase range of motion!

Lorick Park 1600 Lorick Avenue • Phone: 803-691-9339

Three Point Shoot Out
Saturdays
12 - 1:30 p.m.
All ages
Free
Friendly game of three point competition

Cheerleading
Fridays & Saturdays
3-5 p.m.
6yrs & up
Free
Come out and cheer for Lorick park teams

Old School Ballers
Sundays
2-5 p.m.
17 & up
Free
Come out to play full court basketball

Dance Team
Tuesdays & Thursdays
5-7 p.m.
15 & under
Free
Participants can showcase their latest dance moves

Martin Luther King Park 2300 Greene Street • Phone: 803-733-8452

Kids Basic Boxing Class
Mondays
6 - 7 p.m.
Children ages 6-12
Free
Ever had on a pair of boxing gloves? Well now is the time. Coach Joel will provide instructions on the basic fundamentals of boxing.

Zumba Class
Tuesdays
6:15 p.m. - 7:15 p.m.
\$4 per class
All Ages
Looking for something new and fun that doesn't feel like exercise...give ZUMBA a try!

"Arthritis" Exercise Class
Mondays & Wednesdays
10:30 a.m. - 11:30 a.m.
All ages welcome
Free
This class is designed to improve mobility and muscle strength and increase range of motion!

SC Starlings Volleyball Club
Tuesdays, Thursdays
6:30 p.m. - 8:30 p.m.
Saturdays 10 a.m. - 12 p.m.
Ages 5-18
Instruction is free. Fees apply for Travel Team.
Developmental program for young female athletes to increase skills for competition

Aerobic Expression
Tuesdays & Thursdays
5 - 5:45 p.m.
All Ages
Free
Getting that heart and body in the best shape for "survival of the fittest!"

Double Dutch Forces
Thursdays/Sundays
6 p.m. (weekdays) 4:30 p.m. (weekends)
All ages welcome
Teaching fundamental jump roping to compete with the world's finest jumpers!

Pinehurst Park 2300 Schoolhouse Road • Phone: 803-733-8449

Pinehurst Bodyweight work-outs
Monday's and Wednesday's
6:30 p.m. - 7:30 p.m.
Age 6+

Cardio, sculpt and strength training. The program includes floor exercises

Table Tennis
Every Wednesday
6:30 p.m. - 8:30 p.m.
Ages 14 & Up
Free

Learn the basics of one of world's oldest games. Challenge the best in the area for bragging rights.

300 Shoot Out
Every Tuesday's
4:30 p.m. - 5:30 p.m.
Age 6+

Competitive score game that will determine who is the greater three point shooter.

OCTOBER PHOTO GALLERY

Columbia Ranked #1 Let's Move! City in the Nation!

Mayor Steve Benjamin, members of City Council and community leaders gather at the City Council meeting on Tuesday, October 15, to celebrate the City's Let's Move! accomplishments. Columbia is ranked as the #1 Let's Move! city in the nation.

Let's Move! Columbia Partners

- | | |
|---------------------------------------|--|
| Bicycle Pedestrian Advisory Committee | Richland County School District One |
| City Roots | Richland County Community Development Department |
| Eau Claire Promise Zone | Corporation for Economic Opportunity |
| Palmetto Health | Eat Smart, Move More Richland County |
| North Columbia Business Association | |
| Richland County First Steps | |

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For more information about Let's Move! Columbia, visit www.columbiasc.net.